



Terry Reese

SPEAKER, AUTHOR,
CHRISTIAN COUNSELOR

Navigate the complex journey of same-sex attraction as a Christian with grace, faith, and self-acceptance.

ABOUT THE AUTHOR

TERRY REESE is a board-certified professional Christian counselor specializing in helping Christian men navigate same-sex attraction while maintaining their faith. As cofounder of biblicalsexualintegrity.org and developer of FB-AACP Therapy, Terry combines his personal journey, 26 years of military service, and extensive counseling experience to offer unique insights on sexual identity and faith integration. Currently pursuing a PhD, Terry holds multiple certifications in counseling and addiction therapy. He lives in Wisconsin with his wife and three children, dedicating his work to helping others find peace and acceptance within their faith.

SPEAKING TOPICS

Terry covers topics on reconciling faith with same-sex attraction, fostering supportive church environments, biblical masculinity, and living authentically as a Christian while experiencing SSA.

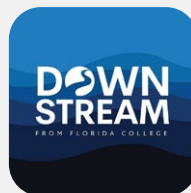
- < Walking by Faith: Navigating Same-Sex Attraction in Christian Life
- < Bridging the Gap: Creating Supportive Church Environments for SSA Christians
- < Healing and Hope: A Christian Therapist's Journey Through Same-Sex Attraction

AS FEATURED IN:



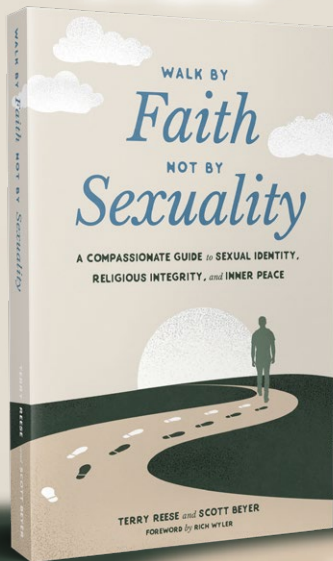
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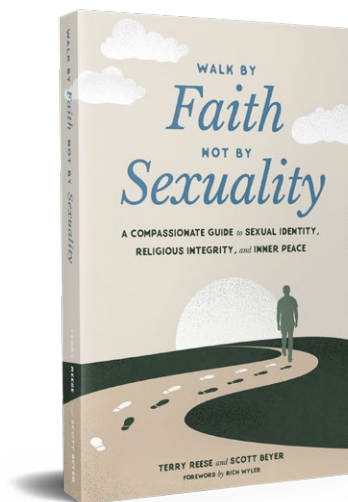
Walk by Faith, Not by Sexuality
Publication Date: November 6, 2024
Publisher: FB-AACP, Pages: 214
Price:
Paperback \$14.99
Audiobook \$9.99
ebook \$9.99
Hardcover \$19.99



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Book Excerpt



CHAPTER 1

“AND SUCH WERE SOME OF YOU”¹

Hi, I’m Terry.

I am a Board-Certified Professional Christian Counselor who specializes in treating addictions and trauma. I also offer Christian counseling and mentoring to those who experience distress over same-sex attractions that conflict with their faith and values. Approximately half of my caseload is working with couples, and I am one in a pool of therapists available to students in need of counseling at a Christian university. If asked to state my sexuality in one sentence: I am a heterosexual male who is faithful to my wife, and I have a bisexual arousal template.

Throughout my lifelong journey, incongruent sexual feelings did not align with my Christian values until I really began paying attention to what the Bible had to say on the subject. When I truly listened to Scripture, while ignoring what culture and even some in the church were teaching, I found peace. God loves me deeply just as I am (Romans 8:38–39)

while calling me—and all of humanity—toward a deeper spiritual plain.

Many in society may view sexual orientation and an arousal template as inseparable, and in some ways, they are. However, there are cultural considerations that impact one’s lived experience. An arousal template can be different from a person’s identified sexual orientation. An arousal template is a set of characteristics that someone may find to be captivating. It can include types of sexual activities, body features (feminine/masculine), body parts, situations, places, or even storylines that one finds to be alluring.

Sexual orientation is often how a person identifies within a culture (heterosexual, homosexual, bisexual, pansexual, etc.) as an indication of how a person may be living out his or her life within relationships or sexual expression. An individual can have a bisexual arousal template while identifying as, and living as, heterosexual within their culture. This is my lived experience.

For me and many others whom I have come to know, incongruent sexual feelings have created lifelong internal conflicts, isolation, and even deep-seated emotional wounds.

As a teenager and young adult, I experienced the internal conflicts between an ever-increasing hypersexualized culture and a faith community that is often silent or critical on issues of sexuality. This led me down the path of self-destruction and addiction. After hitting bottom in 2001, I began a journey of seeking greater understanding and self-acceptance. I began coming to terms with my sexuality. I began being open about it while living congruently with my faith. I began celebrating my salvation rather than my sexuality, which wasn’t easy, but God has opened doors I never thought possible.

I began working with my dear friend Scott, who serves as an evangelist. Together, we developed a therapeutic protocol to conceptualize spiritual, emotional, and sexual journeys like mine within a biblical framework. We have summarized the path by focusing on the

Book Excerpt (continued)

Scriptural principles of **acceptance** (accepting God’s will, accepting ourselves, and receiving His acceptance of us), **abstinence** (from acting on same-sex desires), **congruency** (being authentically known), and **practice** (righteous living). Thus, we have come to call this protocol Faith-Based Acceptance, Abstinence, Congruency, and Practice Therapy (FB-AACP).

As we developed this framework, along the way we encountered four “M.A.N.S.® principles” of Masculinity, Authenticity, Needs fulfillment, and Surrender, as taught by the nonprofit community called Brothers Road (www.brothersroad.org), with which I have found a particular affinity. Together, the FB-AACP pillars and the M.A.N.S. principles have helped me to live authentically and in harmony with my faith, values, beliefs, and life goals.

In short, FB-AACP Therapy is about biblical sexual integrity. I have met many people from all walks of life and differing backgrounds who follow this same formula as their lived experience. Knowing these courageous people has been a blessing.

The problem with applying “Band-Aid healing” to bullet-wound issues is that those wounds never fully heal. In my life, I sought help from well-intentioned people without ever giving them the opportunity to fully show up by knowing the full extent of my struggles. Why is that? Why did I have such fear of sharing my whole story? I always respect those who share their woundedness and humanity. It does take courage because doing so brings with it the risk of rejection.

However, when it came to sharing my own story and struggles, I felt paralyzed.

In 2004, while running on the treadmill at the gym in the U.S. Coast Guard Sault Ste. Marie’s military base in Michigan, I watched the television news with great interest. A press conference was underway of the New Jersey governor resigning from office after admitting to an extramarital affair with another man. He stated, “At a point in every person’s life, one has to look deeply into the mirror of one’s soul and decide one’s unique truth in the world, not as we may want to see it, or hope to see it, but as it is. And so, my truth is that I am a gay American. And I am blessed to live in the greatest nation with the greatest tradition of civil liberties in the world, in a country that provides so much to its people.”²

I have thought about that press conference on many occasions, pondering my own truth. I had respect for the governor for openly stating his beliefs even though I see the world differently. If I were to stand in front of a podium today, I would say something like this: “I stand before you today with my wife, Holly, at my side. We stand as one flesh joined together by God’s divine power. First and foremost, I share the truth about my life and experience to give voice to that golden child within who, years before, attempted to end his life. He cried out to the Lord and Savior, Jesus Christ, and the Lord answered the boy’s call.

Endnotes

- 1 1 Corinthians 6:11
- 2 James McGreevey, Resignation Address (speech, August 12, 2004, New Jersey State House) <https://www.americanrhetoric.com/speeches/jamesmcgreeveyresignation.htm>.